

Health Tips

for seniors

Food Safety

Four steps you can take to ensure your food stays safe

1. Clean

- Wash hands, utensils & surfaces before & after preparing food with hot, soapy water

2. Separate

- Prevent cross-contamination
- Always use *separate* utensils, plates containers & surfaces for raw & cooked foods

3. Cook

- Always cook food to the proper temperature

145 °F Beef, lamb, veal steaks & roasts — medium rare (medium — 160 °F)

160 °F Ground beef, pork, veal, lamb, pork chops, ribs, roasts & egg dishes

165 °F Ground turkey & chicken, stuffing, casseroles & leftovers

170 °F Chicken & turkey breasts

180 °F Chicken, turkey, whole bird, legs, thighs & wings

4. Chill

- Refrigerate promptly—store below 40 °F